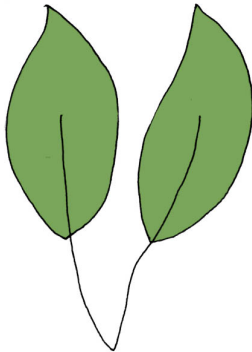
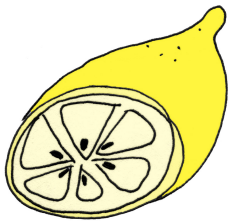
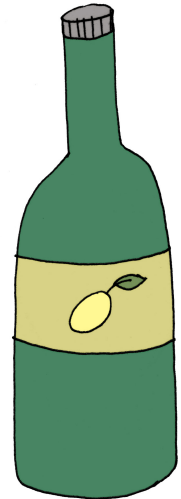


Rockin' Green Sauce



BASIL

- Ingredients:**
- 1 bunch cilantro
 - ½ bunch parsley
 - 1 bunch basil
 - 1 cup arugula
 - ⅓ cup hemp seeds
 - ¼ cup nutritional yeast
 - ½ tsp salt + more to taste
 - ¼ tsp granulated garlic
 - ¼ cup olive oil
 - 3 tsp vinegar
 - 2 tsp lemon/lime

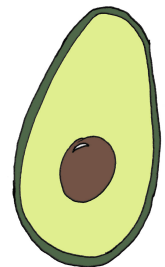


Instructions:

Blend all ingredients in a high speed blender or food processor until well combined. About 4 minutes.

Enjoy as a dip, spread, pesto or sauce!

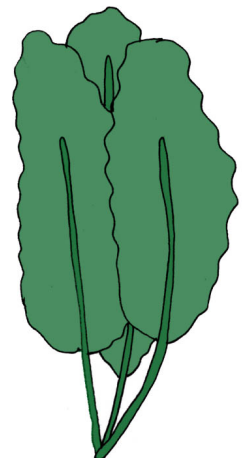
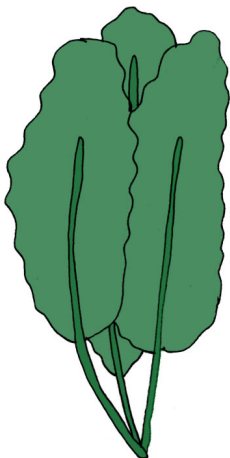
Keeps in the refrigerator for up to 5 days.



Ways I like to enjoy the super easy super green sauce:

- Green sauce chicken salad by mixing chopped chicken in this sauce and having it on crackers or on top of a salad.
- Spread on a sandwich.
- Pesto on pizza.
- Dip for crackers or vegetables.
- Spread in a wrap.
- Mix into homemade or store bough hummus for a vegetable powered snack.

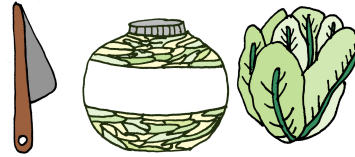
This recipe is also very flexible! Sometimes I will add avocado for a more creamy texture. If you are not a cilantro fan, you can also swap it out for extra basil or



Simple Sauerkraut

Ingredients:

- 1 head green cabbage, weighing about 1 1/2 lbs
- 1 Tablespoon high-quality sea salt
- 1 Tablespoon whole caraway seeds



Directions:

1. Reserve two whole leaves of cabbage and set aside for later use.
2. Core and finely chop or grate cabbage.
3. Place chopped cabbage in a large bowl. Sprinkle salt over the cabbage and massage by squeezing handfuls between your palms and fingers with a medium firm pressure. Do this for about 5 minutes. Liquid should extract from cabbage, keep it in the bowl.
4. Mix in the caraway seeds and place mixture into a quart-size, wide-mouth mason jar. Pack in a little bit at a time and press it down hard to compact. Use your fist, wooden spoon, pestle, or the end of a rolling pin to temper down the cabbage.
5. Pour the juice extracted from the cabbage mixture into the jar. Depending on the quality of the cabbage, you may or may not get a lot of juice. If needed add more brine* to cover the vegetables by 1 inch.
6. Be sure to leave at least 2 inches of clearance from the top of the cabbage at the opening of the jar. (One inch liquid and one inch airspace)
7. Place cabbage leaf on top of your kraut under the 1 inch of liquid and tuck the sides down over the chopped cabbage like a cap. Make sure there are no floating pieces of kraut or caraway seeds at the top because they will mold. You can also put unbleached parchment paper as a cap to keep the 'floaters' down.
8. Gather a food grade jar slightly smaller in diameter than the lid of your fermentation vessel (no labels). Fill the small jar with water and place inside kraut vessel to weigh your kraut down. This will make sure your kraut stays submerged by the brine.
9. Place your kraut jar into a bowl or onto a plate to catch the brine overflow as the CO2 is released from your kraut as it ferments.
10. Place a paper towel over or cloth the top of your kraut to protect it from any small particles in you kitchen that may get inside.
11. Allow to ferment for 14-21 days in a cool spot, away from direct sunlight. Check every few days that the brine is covering the cabbage, if its not add more brine*.
12. Sometimes molds appears on the surface of the brine. Using a spoon skim off what you can. Sometime it will break up and you will probably not be able to remove all of it. Don't worry about this, it is just a surface occurrence. The kraut itself is under the anaerobic protection of the brine.
13. After 14 days taste the kraut. The cabbage starts to be tangy after a few days and taste gets stronger as time passes. Ferment to your liking. Once completed remove small water jar and place original lid on kraut jar and store in the refrigerator.

***Brine ratio = 1 teaspoon sea salt dissolved in 1 cup hot filtered water. Allow to cool before using.**

Recipe adapted by <https://www.krautsource.com/blogs/recipes/classic-sauerkraut> and *Wild Fermentation* by Sandor Katz